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# PARISH PUMP

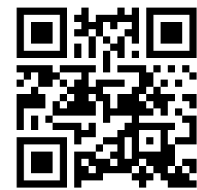
No 388 parish.pump@gmail.com

September 2025

The wonder of Wideawake Island with Cindy Buxton and family



On 9th October in Wickhambrook Memorial Social Centre at 7.30pm, wildlife filmmaker Cindy Buxton lifts the lid on life on remote Wideawake Island — a volcanic speck in the Atlantic with no permanent residents, but plenty of boobies... feathered ones, that is! From vast Sooty tern colonies and dramatic sea stacks swarming with seabirds, to thousands of giant green turtles nesting under the stars, Cindy's tales capture the island's wild beauty, quirky history, and the challenges of living miles from anywhere



Link to  
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(same as  
QR

code) <https://ascw.uk/wideawake>

We are delighted that the colour front page is being financed by the Buxton family

## Martin Kinna

Interesting times

There is a famous Chinese curse which says, "May you live in interesting times". Well, there can be no doubting that we do.

The pathetic outcome of the meeting between Trump and Putin, the declaration by Netanyahu that Israel is to take over Gaza, the strife that continues to rumble just below the line of media attention, such as the border war between India and Pakistani, Cambodia and Thailand, the threats sounded by China, North Korea, the nastiness outside run down hotels that house forsaken immigrants in our own country, the almost daily loss of life on the A14, all go to make up "interesting times" and they really are a curse.

Nobody reading this is likely to harm a puppy let alone a child. We cannot imagine being hungry yet nightly we look at starving Palestinians on our televisions. In our times we see despair face to face every day, so much so we are almost immune to it. We blame governments, leaders, spokesmen, and we rail against all this of course, but seem powerless and ill-prepared to improve things even a little bit. Meanwhile those of us who can, contribute to various charities in the hope that our little offering might go some way towards saving a life, restarting a heart,

staunch the flow of blood somewhere, anywhere. It is all we can do without becoming involved ourselves. Not only all this but definitions are so unclear we have trouble understanding each other. For example, a Semite according to the dictionaries I have been looking at means anybody descended from Noah's son Seth. This means practically everybody in the Middle East. It includes, for example, Jews and Arabs. But if you are Antisemitic, it means you are against the Jews only. Now how that came about I have no idea, but it does seem odd to say the least. Further definitions need real clarification too. Anti-Zionist one takes to mean being against the State of Israel, but it is not as simple as that. If for example you are quite happy that Israel should exist as a nation, develop in its own way, practise the Jewish religion, make its own laws and so on, but you abhor the way it is carrying out its retaliation against Hamas and causing such misery to the Palestinian people, you will be seen as being anti-Jewish, anti-Zionist, Antisemitic or what? These simple confusions of meaning make even simple dialogue between friends really difficult. Being brought up during the Second World War it was natural among us children to form a basic hatred of Mr Hitler and his German people. Similarly, when my father was wounded in the Korean War, they too became objects of our despise and derision. Now so many decades on I have visited their countries and have many colleagues and friends in

those countries. I have visited Israel twice and have no Israeli friends, but I have several who are Jewish. It is a puzzlement, as the King of Siam says in the King and I! But it is also dangerous that we cannot discuss things easily and understand each other's meaning. I only know I hate to see emaciated children at gravesides, bereft parents seeking their beloved infants under piles of rubble, the destruction of simple homes. Living in the early 1940s we too experienced hunger, rations were short and if you see the newsreels of the Victory Celebrations you will certainly not see any obese people as you do today in our complacent land of plenty. However, even though we may live through a time of a Chinese curse, since I last wrote I have managed to see five operas at country house opera venues, two plays, excellently acted, and we have managed to clear up after Shakespeare in Love, settle the bills, distribute the profits and make Medecins sans Frontiers a little more able to clear up a little corner of the world's mess. Oh! That we could find a way to solve the ills of the world, Finally, a tip to get you through the next few weeks when harvest bugs, thirsty horse flies and other beasties come to sting you. Simply put a dab of toothpaste on it and the hurt and irritation should subside. I learned this from a courier in Spain, and it certainly works for me.



Martin Kinna

### What about the future of the Parish Pump?

**As you know I had a bit of an accident in April which amongst other things focused my mind on what if the outcome had been different.**

**This is not directly a plea for a new editor but an attempt to give our readers (you!) a taste of what it's like;**

- 1. Basically all you have to do is take all the articles that you receive and combine them with the adverts and make a good publishable newspaper**
- 2. It is both enjoyable and satisfying. It is like a fascinating crossword puzzle with an attractive end result.**
- 3. All the contributors become your friends which is wonderful.**
- 4. As you know PP appears to be popular and lots of readers tell you that, so you get a new lot of friends from them.**
- 5. Finally the magazine has been running for nearly 20 years so it is almost a West Suffolk tradition—So we can't let it die can we?**

**If anyone wishes to share the process with me you will be very welcome. So please ring on 07711689171 or email [parish.pump@gmail.com](mailto:parish.pump@gmail.com)  
Kind regards Peter**

## DO YOU WANT A DISTRIBUTION CENTRE IN STRADISHALL?

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IF SUCCESSFUL IT WILL MEAN THAT 6 DAYS A WEEK OVER THE COURSE OF A YEAR HUNDREDS OF 40 FEET CONTAINER LORRIES WILL RUMBLE THROUGH OUR QUITE VILLAGE. EVEN MORE TRAFFIC MOVEMENTS WILL TAKE PLACE THAN THIS WITH VANS AND LORRIES COLLECTING FROM THE SITE.

THE PROPOSED TENANT HAVE AN EXISTING STORAGE FACILITY BETWEEN STRADISHALL AND HUNDON AND ARE AN EXPANDING COMPANY WITH ALREADY OVER 2.1 MILLION DISPATCHES. (FIGURES TAKEN FROM THEIR WEBSITE)

THE NOISE, ENVIRONMENTAL AND TRAFFIC IMPACT IN TERMS OF SAFETY ON OUR RURAL ROADS WILL BE SIGNIFICANT.

PLEASE HELP FIGHT AGAINST THIS PROPOSAL VISIT WEST SUFFOLK COUNCIL PLANNING APPLICATION PAGE – PUBLIC ACCESS SYSTEM AND LOG YOUR COMPLAINT, THE APPLICATION IS UNDER REFERENCE DC/25/1180/FUL.

**This article has been prepared by a residents group in Stradishall. The Parish Pump is not responsible for the accuracy, completeness or reliability of the information and views expressed in the article.**

## My cars from a bygone age—well almost.

I was talking to my friend Tony Honeyball about my cars that I had once had and gave him an account that I wrote back in 2020. After looking at it he suggested that Parish Pump readers would like to see it. So, here it is -there could be 4 'episodes'.

**Preface.** This account started out as a photo summary of our special cars that we acquired over the years. But I had written the majority of it, Carol pointed out that many of the amusing incidents involved our many other cars, tractors and a lawnmower. The following is two interwoven accounts of all of our vehicles up to the present day. It is quite possible that our family and some of our personal friends may remember incidents that I have missed. So, these can be added if you remind me of the facts. Some of the text refers to 'Monnet' which was the name of our house in France. If anyone wants some more detail on this, a copy of my book "Monnet. A good impression" is available free. Just send me an email (peter.thompson@enviroman.com)

### CHAPTER 1

Our first car was a 1945 Austin 10 bought at Maidstone car auction in 1961. We had £25 which was part of Carol's grant for preparing to start at university! What to spend it on?? We won the bid at eleven pounds, insured it for six pounds ten shillings, bought two gallons of petrol and drove it home!

We did a comprehensive examination before the auction by asking the guy if it started and it did.

I can't really remember when, but at some stage my Dad hand painted it with grey polyurethane paint, and it looked brilliant. We even took it on our honeymoon to France. A family legend is that I walked down the aisle with a Molewrench in my pocket. It is true!

In France, it only let us down once with a fractured fuel pipe which a local guy fixed for us for about ninety old francs (around one pound!). We thought at first that he meant new francs and that would have cleaned us out.

The car gave us a fantastic introduction to France. Some miles down the coast from Calais we stopped at a roadside bar for a drink. We self-consciously ordered our first drinks ever in France, drank them and exited the bar. Outside there was an old French gadgy, with striped vest and beret peering at our car. To cut a long story short, he was the grandfather of the family that owned the bar. Some hours later we stumbled out of the bar after lots of drink and faltering conversations in both French (and German). We had said we hadn't booked anywhere to stay so we followed younger members of the family on their pop-pop to the Hotel-de-Ville in the next village, which belonged to an aunt, and we were treated as guests of honour. We even had the bridal suite. It was wonderful!

Although I helped Dad repairing his vans, I did not start learning real practical mechanics until the Austin. We had low oil pressure when the engine was hot (of course, everyone knows this normal for an old car). However, asking around at university someone led me up the garden path claiming a mix of different engine oils caused precipitation and I would have to flush it out and inspect the pressure relief valve in the sump. Naive as ever, we had the use of an old shed in the middle of the Nottinghamshire countryside. So, one Saturday afternoon Carol and I set out to sort the problem. We hadn't allowed for failing lights, a mud dust floor and our total ignorance. It turned out that the sump was perfectly clean, not a whistling of clag in the pressure relief valve. The rub came when we came to refit the sump gasket. It did not fit no matter which way round we turned it. ....not true ..... you live and learn.

After thirty thousand miles of relatively trouble free driving the car was due to be consigned to the scrap heap in the sky with advent of the MOT. It turned out that bitumen paint and cellulose putty (used to disguise a wood block under a rear spring shackle!) were not really compatible. The testing mechanic did not like the resultant black stalactite, and it failed the test. So, it was sold for £30.

### Riley one and half litre: RME

Our second car was the most beautiful car in the universe. It was purchased from a childhood friend's father for £120. I drove it from Kent to Nottingham feeling on top of the world, I stopped for lunch at the **Stilton Cheese Inn** and felt like a lord! Unfortunately, the real world stepped in when I soon found that it was using a pint of oil per 100 miles. Undaunted, after a month or two, I planned to rebuild the engine with high compression pistons to give it a bit more oomph. I did it meticulously in the front room of our rented house. This wasn't as bad as it sounds but there was one incident when blood from a cut on my hand ran down onto a power drill I was using and on to the chuck and sprayed on to the wallpaper. I think we repapered the room. The hand brake was a bit iffy and I remember chasing the car down a country lane because I forgot to put it in gear. There was Riley heaven in Chesterfield where **Mr Harry Crosland** collected, bought and sold Riley parts. I could, and did, spend hours there. Our ownership of the Riley was interrupted by our spending a year at Moscow University So, we stored the Riley in an old garage which was part of Rainham fire station where Carol's father was an auxiliary fireman. Part of the preserving process was to put engine oil down each cylinder. It worked well keeping the engine free from seizing up but the smoke on starting after storage was horrendous. A few years ago, I was driving over



Stanhope Moor and by chance I came across a number of Rileys that had stopped for lunch. I also stopped and was invited to look into one of the cars. It was wonderful; it was the smell. I was transported right back to those early days. Fantastic. *To be continued*



1945 Austin 10, HGF 538

Started young



Honeymoon begins



Temporary hitch of a broken fuel pipe



# Connecting Communities

I'm writing on behalf of **Connecting Communities**, a door-to-door minibus service dedicated to supporting those in our area who struggle to access public transport. Whether it's getting to essential appointments, seeing friends and family, or simply taking part in everyday activities, we're here to help individuals stay connected and independent. We know that lack of transport can be a real barrier—particularly for older residents or those living in rural areas—and we want to make sure that everyone who could

benefit from our service knows about it. That's where we'd really appreciate your support. Would you be able to help us promote our service locally? For example: sharing our information in your parish magazine or newsletter Including a link or mention on your website or social media Circulating our details to community groups or local organisations Any help in spreading the word would be invaluable.

We're also a not-for-profit service, and if your Parish Council is in a position to

offer a small donation to help us keep serving the community, it would make a real difference. Please don't hesitate to get in touch if you'd like more information, leaflets, or to discuss further. I'd be delighted to hear from you. **Rachel Pearce Transport Bookings Administrator** Telephone 01638 664304

Email: [transport@thevoluntarynetwork.org](mailto:transport@thevoluntarynetwork.org) Website: [www.thevoluntarynetwork.org](http://www.thevoluntarynetwork.org) Follow us on Facebook [@thevoluntarynetwork1](https://www.facebook.com/thevoluntarynetwork1)



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## Wickhambrook WI News August 2025 ...Beer and lino!

This month's meeting was unusual in that it took the form of a "double bill". While a group of 21 members enjoyed a tour of the **Greene King** Brewery in Bury St Edmunds, the remaining members took part in a Lino cutting workshop back at the WI Hall. The trip to the brewery was not for the faint hearted as it involved a number of stairs up to the roof of the building! We were greeted at the brewery and duly issued with a lanyard and a high vis vest before the tour started. We were taken up several flights of stairs where we saw some of the historic machinery which is still in use today. We were given the history of Greene King from the founding of the original brewery by **Benjamin Greene in 1799**, to the merger of the Greene and King families in 1887 and up to the present day where the company now operates 3,100 pubs, restaurants and hotels. Greene King's most popular ales are Abbot Ale and Greene King IPA together with Old Speckled Hen - whose name we discovered had nothing to do with a chicken! Most of the wheat and barley used in production is grown locally in Suffolk and the yeast comes from what is locally known as the Sugar Beet Factory in Bury itself. We were guided through the brewing process as we mounted each floor where the temperature grew hotter at each level. Once on the roof we were treated to panoramic views of Bury St Edmunds before descending, very carefully, back to the bar area for an eagerly awaited tasting session! We were given samples of Abbot Ale, IPA and Old Speckled Hen plus one of the newer fruity ales to try. We were each given a token for a free bottle of beer to take home while other beers were also available to buy. Meanwhile back at the hall members had spent the evening crafting cards and pictures using Lino cutting, an activity many had not encountered since school days. Members who had been on the brewery tour came back to the hall to complete the business part of the meeting (so they say!!)



## Rector's Ramblings – August 2025 (Santiago de Compostela)



Dear Friends,  
 Something a little different this time around!  
 Our Curate, the **Revd Dr Karen Smith** has recently spent two weeks as a **Chaplain at the Anglican Pilgrimage Centre in Santiago de Compostela in northern Spain**. She has written quite an in depth reflection of her time there

which you can read online at: [https://www.anglicanpilgrimcentre.org/rev\\_smith\\_chaplaincy\\_rpt\\_2025](https://www.anglicanpilgrimcentre.org/rev_smith_chaplaincy_rpt_2025)  
 Here you will find details of the people from around the world whom she met and also why people have been walking there for many centuries. With every blessing,

Mark The Revd Mark Woodrow (Rector)

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### Monthly rainfall inches 2024/2025

2025	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	55	31.5	11	22	20.5	23	39					
Tina Lee- Stradishall	45	32	9	25	19	27	30					
Sam Slater- Stansfield	46	30	5	23	21	20	54					
Rod Taylor- Stansfield	64	35	13	25	26	29	59					
Jay Gridley-Hundon	59	26	11	21	26	29	22					
Victoria Pakenham -Fenstead End	73	33	8	21	30	32	32					
Elaine Plumpton - Great Saxham	63	42	6	23	17	38	51					

2024	Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec
Nick Burton- Stradishall	55	115	45	64	96	15	94	14	99	58	47	42.5
Tina Lee- Stradishall	57	119	47	87	91	19	93	16	98	68	31	38
Sam Slater- Stansfield	51	129	55	60	114	19	85	15	76	55	33	63
Rod Taylor- Stansfield	59	121	59	68	99	23	88	16	80	73	42	51
Jay Gridley-Hundon	71	128	57	74	104	21	93	16	108	71	39	39
Victoria Pakenham -Fenstead End	53	132	59	62	106	21	90	16.5	88	38	39	79
Elaine Plumpton Great Saxham	54	129	66	69	78	23	90	16	99.6	52	43	53

## August Farming by Portia Brown

Harvest is complete for 2025 which considering the lack of rain harvest was not as bad as it could've been. However, yields were down on previous years. We have started spreading the cattle muck on the fields as a natural fertiliser and soil conditioner. As soon as we finish spreading, we will be cultivating and ploughing to incorporate the muck. We will be drilling the stubble turnips shortly which will be winter grazing for our Sheep. We are desperately praying for some rain. The sheep and cattle are being supplementary fed hay as due to the lack of rain there is no grass.



## Warm Homes Suffolk initiative.

My name is **Louise Shewry** from **Lendology CIC**, a responsible finance provider working with Suffolk County Council on their **Warm Homes Suffolk initiative**. The Warm Homes Suffolk initiative delivers a suite of offers, grants and finance to ensure Suffolk homeowners are supported appropriately with home improvements. The Warm Homes Suffolk Loan is an innovative initiative by Suffolk County Council offering **interest-free loans of up to £15,000** to help homeowners make their properties warmer, safer, and more energy efficient. The loans can fund energy efficiency upgrades such as insulation, solar panels, batteries, double glazing, or heat pumps, with repayment terms of up to seven years at 0% interest. The scheme officially launched in November 2024. It is a critical part of Suffolk's efforts to reduce carbon emissions, lower energy bills, and enhance the well-being of residents by improving their living conditions. We would love **your help in spreading the word** about this valuable resource available in your area. We are interested in advertising in your upcoming issue and would also welcome the opportunity for an editorial feature if possible. We are happy to provide artwork as needed. Please let me know if this is something you'd be open to or if you need more information. **Louise**

### COMMUNICATIONS TEAM



[Communications@lendology.org.uk](mailto:Communications@lendology.org.uk)

[www.lendology.org.uk](http://www.lendology.org.uk)

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**CLASP**, your long established local Charity, is pleased to announce that **Karla Greenwood** has agreed to take over the role of **CLASP CarAid Coordinator** with effect from Tuesday 16<sup>th</sup>. September. Many of you will know Karla who is the Clare Library Manager. She replaces **John Webb**, who is standing down after seven and a half years in the role.

You are reminded that CarAid, using volunteer drivers, takes local residents to and from medical appointments, such as hospitals, doctors surgeries, dentists, opticians and other medical services. This service is free of charge, but most recipients choose to make a donation to CLASP, which can be given to the volunteer driver to contribute towards the mileage allowances payable. CarAid continues to be dependent upon the commitment of its volunteer drivers, and welcomes new applicants to join the team.

**If you are interested in becoming a volunteer driver, or need the CarAid service, you can call our dedicated phone line 07724698283**

## Wickhambrook Local History Society



16 members of Wickhambrook Local History Society visited the very interesting gardens at Easton Lodge near Dunmow. Once the property of the **Countess of Warwick**, a mistress of **King Edward VII**, with an Italian garden designed by **Harold Peto**, a fruitful walled garden and a beautiful glade, the garden is looked after by volunteers

## Scarecrows, Smiles, and a Touch of Disney Magic in POSLINGFORD CHURCHYARD

An abundance of straw, colourful tights, and a whole lot of imagination brought the Poslingford churchyard – and the village – to life once again, as our **Scarecrow Festival** returned in full swing. This year, villagers truly outdid themselves, embracing the magical theme of Disney, much to the delight of passersby young and old. From every corner of the village, scarecrows began to appear – each one more creative than the last. A particularly

special guest, our very own "Fairy Godmother," watched over the festivities, sprinkling her charm and ensuring smiles were plentiful. Visitors to the village are greeted by a delightful array of characters – **Peter Pan, Sleeping Beauty, Pocahontas, and Robin Hood** among them – lovingly crafted and displayed by local residents. The sense of community spirit was strong, with laughter echoing around the

village. As part of the event, generous contributions to the Community Pantry were gathered and handed over to our wonderful vicar, who will ensure they reach those who need them most. Thank you to everyone who took part, helped organise, and supported this year's celebration. The village has once again shown what can happen when creativity, kindness, and community come together



**BUT**, far more importantly, so does the **PARISH PUMP**. We are seeking a volunteer **Treasurer** to manage the finances of the Parish Pump.

The role consists of:

- invoicing and collecting payments from our advertisers. (~30)
- making payments to suppliers, principally our printers.
- managing the bank account.

If you manage your bank account online and have good Excel experience then you have all the skills you need to undertake this role. The input is in the order of 6-10 hours per month. This is a volunteer position, but it is a rewarding way to contribute to our community and the continued success of our **Parish Pump**.

If you are the slightest bit interested in helping, even in the short term, please make contact either by e-mail at [parish.pump@gmail.com](mailto:parish.pump@gmail.com) or ring **Peter** on 07711689171. Thank you

## Clay in Clare is back!!

Last year, two Suffolk Potters organised the first ever Clay in Clare, a four-day exhibition completely devoted to ceramics. It was a resounding success, so **Sue Eyre and Diana Kazemi** are bringing back a bigger and more varied event for 2025. This year 16 Potters will be exhibiting their work, all selected to show the beauty and versatility of clay as a medium. All the work will be available to buy and the show is free to enter. It will be held from 11-14th September, 10am till 4pm, at The Old Goods Shed, Clare Castle Country Park in Suffolk's smallest town, Clare.

There is ample car parking and the delights of both the Country Park and the brilliant selection of independent shops and cafés to explore. Clare Castle Country Park is unique in having the only train station (unused since 1967 but lovingly restored by a group of volunteers) sitting within the grounds of a Norman motte and Bailey castle. The Park also has riverside walks, a model railway and Platform One Cafe in the old station building. **So please come and visit Clay in Clare!**

Best regards Sue Eyre



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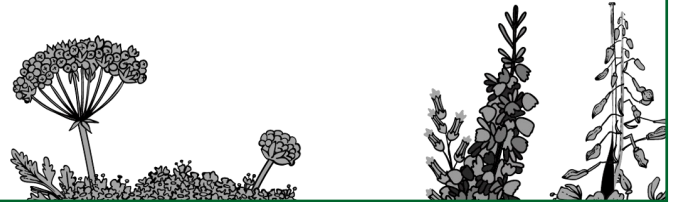
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Dear Councillors, you are duly summoned to an

**Extraordinary Meeting of the Parish Council**  
**Tuesday 2<sup>nd</sup> September 2025, 7pm, Village Hall**

where the undermentioned business will be conducted.

Yours sincerely  
Anne Lines, Clerk and RFO

19<sup>th</sup> August 2025

Members of the Public are welcome to attend the meeting and use the opportunity to speak in the Public Forum.

**AGENDA**

1. Welcome by the Chairman and formal notice about recording of the meeting (if applicable).
2. To RECEIVE apologies for absence and declarations of interest, and To RECEIVE delegated Declarations of Interest Dispensation decisions or APPROVE such dispensation requests where required.
  - a. Members are reminded that if it becomes clear that they have a Disclosable Pecuniary, Other Pecuniary or Registrable Non-Pecuniary Interest when considering any of the matters covered by this Agenda, they must declare it.
3. Minutes of the last meeting: To APPROVE the Minutes of the Meeting of the Council held on 14<sup>th</sup> May 2025 (previously circulated) as a true and accurate record.
4. To read out any Reports received from Police, Member of Parliament, Suffolk Police and Crime Commissioner and other bodies about the recent alleged killing of sheep by uncontrolled dogs in the village, and complaints of threatening behaviour by loose dogs before this incident.

**5. Public Forum**

**Q&A session with senior Police Officers:** concerning complaints over the past months from residents about threatening behaviour from uncontrolled dogs, and the incident involving the killing of sheep.

NB: The Chair to invite members of the public to indicate if they wish to speak at this meeting, either on the item on this Agenda or on a general matter. Public questions are normally permitted for a maximum of 15 minutes which will be extended if necessary on this occasion. Input is generally limited to around three minutes per person, at the discretion of the Chairman.

6. To discuss possible actions by SPC taking into account all views expressed and reports received.

The public may ask questions relating to the work and services of the Council. Questions may not always be answered at the meeting, but they will be dealt with appropriately. If a question is to be discussed by councillors, it will be added to the agenda for the next Council meeting which will be on Wednesday September 10<sup>th</sup> 2025.

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**FOR FURTHER INFORMATION CONTACT OUR CLUB SECRETARY  
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## Wickhambrook: Meet your Parish Councillors and two lay members

<b>Andrea Grimes</b> Cemetery Records Project Cemeteries & Churchyard Officer Estates Committee (Substitute) Highways and VAS Public Access Devices Officer	✉ <a href="mailto:Andrea.grimes@wickhambrook.org.uk">Andrea.grimes@wickhambrook.org.uk</a>
<b>Kevin Grimes</b> Road Safety Working Group Highways and VAS Estates Committee Member Play area Inspections – Bury Rd	✉ <a href="mailto:Kevin.grimes@wickhambrook.org.uk">Kevin.grimes@wickhambrook.org.uk</a>
<b>Mel Karunaratne</b> Chair - Estates Committee Road Safety Working Group Youth Facilities Officer Play area Inspections – Cemetery Rd	☎ <b>07904272416</b> – weekday evenings only ✉ <a href="mailto:Mel.karunaratne@wickhambrook.org.uk">Mel.karunaratne@wickhambrook.org.uk</a>
<b>Mike Lavelle - Chairman</b> Chair - Parish Council Emergency Planning Internal Control of Finance Six Acres Officer Vice-Chair – Estates Committee	✉ ☎ <b>07415 390477</b> <a href="mailto:Mike.lavelle@wickhambrook.org.uk">Mike.lavelle@wickhambrook.org.uk</a>
<b>Linda Smith</b> Website and Social Media Neighbourhood Plan SALC Area Meetings	☎ <b>07980 712514</b> weekends and evenings only <a href="mailto:Linda.smith@wickhambrook.org..uk">Linda.smith@wickhambrook.org..uk</a>
<b>Tracey Turner</b> Estates Committee (Substitute) Neighbourhood Plan (Chair NPWG) Planning Vice-Chair – Parish Council	☎ <b>01440 821565</b> ✉ <a href="mailto:Tracey.turner@wickhambrook.org.uk">Tracey.turner@wickhambrook.org.uk</a>

Following a recent resignation, Wickhambrook now has two vacancies on the parish council. If you are interested in finding out more about the parish council, please do contact the clerk and/or one of our parish councillors for a chat, or come along to one of our

meetings. We also have three lay members of the Estates Committee:  
**Mr David Di Giulio** Village Greens and Tree Warden  
**Mr Roger Medley** Footpaths Officer  
**Mrs Mary Jolland** Environment &

Sustainability  
 And two further Lay Members:  
**Dorothy Anderson** Village Recorder  
**Julian Wilson** United Charities **For more information contact the Clerk, Hilary Workman**

### WICKHAMBROOK SUMMER FETE 2025. (APOLOGIES, THIS WAS MISSED OUT LAST MONTH)

Our Fete this year was opened by **Dr Philip and Joyce Draycott**. They were thanked by our MC for the day, **Jon Hinds**, and presented with a voucher. What a hot day it was and because of the heat we had to take the decision to cancel our Dog Show. We still had a very good attendance of people on the day and were pleased to see no one had brought their dogs out in the heat. We had 20 stalls including, Tombola, Face Painting, Local wine, Children's games, Honey, Candy Floss, various craft stalls and Tomahawk Throwing. Our local Fire Service brought along the Fire Engine and we thank you lads for giving up your time to attend. The Air Cadets were also with us and the young cadets were kept busy helping us during the morning and afternoon. Thanks for all your help. In the arena we had displays from Wickhambrook Primary Academy, Hundon Ballet Shoe Workshop, Fens Falconry and Children's

Sports. **Jon Hinds** our MC certainly got the children to come forward and we had 16 in the under 7's egg and spoon race. This year we also had Tug of War with the Fire Service taking on the Air Cadets and then **Martin Smith and Sons** taking on the Air cadets. This proved to be great fun. The Nurse Williams cup race was won by **Harry Newell**. Well done Harry. The Newmarket Town Band played for us during the afternoon and was thoroughly enjoyed. There were several classic cars and Claydon's brought along one of their big farm machines. The WI provided tea and cake and the local Garden Club also held their Annual Flower, Veg and Craft Show the main hall. A big thank you to the Haverhill Lions who once again did a splendid job running our BBQ for us and to Wickhambrook Greyhound for providing our bar and keeping our beer cold for us during the afternoon. Our Raffle, Tombola, Bar and BBQ are our main fundraisers to help pay

for the day and the committee would like to thank anyone who donated to the raffle or tombola. We couldn't do this without your donations. Hopefully we have made a profit and we usually hold back an amount to help fund next year's Fete and anything left over we put to one side for Wickhambrook organisations to come forward with a request for funding new equipment, projects etc. they may need help with. Thank you to our sponsors, **Claydons, Parish Council, Iain Head Plumbing, Suffolk Oil Solutions, Lee Wilkinson, Wickhambrook Greyhound and also thank you to all the volunteers who helped in any way before and during the day, we really couldn't do this without you.** On behalf of the Fete Committee, thanks again to everyone who helped put this great day together. See you all again in 2026  
**Deirdre Smith & Maggie Elers**



# Schubert Quintet

*Performed by the Duxford String Quintet*

Saturday 27<sup>th</sup> September;  
7:30pm

St Margaret of Antioch Church,  
Cowlinge

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Tickets are free, with a retiring collection towards the restoration of St. Margaret's Church.

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**Thursday - Coggeshall Market Hill 7-12pm**

- **Long Melford 1:30-4pm**

**Friday - Clare market 7:30-10am**

- **Lavenham 11-1pm**

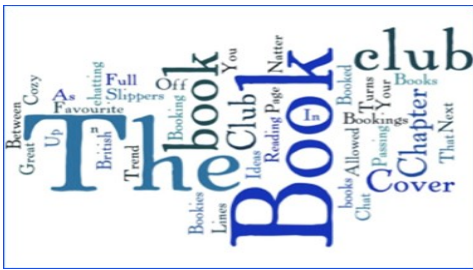
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**'There will be no Book Club article in this month's edition. Sorry!'**



**Rebuilding Lives & Communities in Eastern Europe through Education and Social Care**



Link to Hope aims to combat poverty, giving aid to the disadvantaged, vulnerable and marginalised people who are struggling to survive in the poorest of villages in Eastern Europe. It does this by working with the local communities to identify needs such as delivering hot meals to the elderly, building community sharing shower/laundry/toilet blocks and

help with building playgrounds for children

Each year it launches a campaign to give out Christmas Shoeboxes. Last year it gave out 26,633 boxes to the Elderly and Family groups. Clare Baptist church is an Area Receiver and groups/churches/schools bring their completed shoeboxes to us. All four churches in Clare support this very worthwhile project. Last year children from Clare Primary School also joined us. As a result, 298 boxes and another 348 came in from other groups. These boxes were picked up from Clare and went to the Ukraine/Russia border.

We have held two Coffee mornings 14<sup>th</sup> & 23<sup>rd</sup> August 10 – 12 pm in the Baptist Hall raising monies towards costs for this project. It was also great opportunity for

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everyone to come see the wide range of items that can go into the boxes, giving out patterns for gloves, hats, glove and finger puppets as well as sewing items. Our packing sessions are from 9.30 – 12.00. Everyone is welcome to join us  
 Dates: 15<sup>th</sup>, 17<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>, 29<sup>th</sup> and 31<sup>st</sup> October at Clare Baptist Hall

# Re-Cycle your Bicycle

**BICYCLE & TOOLS COLLECTION DAY**

Clare Baptist Church, CO10 8NY

**DATE:** Friday 5th September      **TIME:** 10:30am – 1:00pm

Join us for a joint collection day with Re-Cycle (Bikes to Africa) and TWAM (Tools with a Mission), who will be collecting unwanted bikes and tools.

Both charities work to improve lives in Africa by providing people with the skills and resources they need to thrive.

Please bring along unwanted bikes that still have life left in them, as well as any tools you no longer use. Your donations make a real difference and can help change lives!

Light refreshments available, so feel free to stay for a chat while you drop off your items.

For further info, email [Secretary@clarebaptistchurch.org.uk](mailto:Secretary@clarebaptistchurch.org.uk)

# Stansfield Village Hall

Saturday 4th October

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Registered charity No. 304939

## Country Cooking with Louise Mackrill



### Fig, burrata & prosciutto bruschetta

4 slices sour dough  
Olive oil  
2 tbsp fig chutney  
2 x 100g balls burrata, drained  
8 slices prosciutto  
4-6 ripe figs, torn or halved  
Handful of fresh thyme  
Balsamic vinegar to serve  
Heat the griddle pan, drizzle oil over then toast in the pan or under the grill for 2 mins until golden.  
Spread the chutney over the bread chop the burrata into chunky pieces and arrange on top, creating little nests of prosciutto on top, then add the fresh fig pieces. Sprinkle with thyme and a drizzle of olive oil & balsamic vinegar.

### Fig jam

1 kg ripe figs, quartered  
1 large orange, zested



400g granulated sugar  
1 lemon, juiced, plus strips of zest, to serve (optional)  
Put the figs and 150ml water in a large heavy based saucepan. Bring to a simmer and gently bubble for 5 mins or until the figs have softened and released their juices. Add the orange zest, sugar and lemon juice. Bring to a boil and cook, stirring regularly for around 5-7 mins or

until thick, skimming off any scum that rises to the surface. Remove from the heat and leave to sit for 10 mins. Ladle the mixture into sterilised jars. Seal with the lids and leave to cool completely. Will keep for six months unopened and 2 weeks in the fridge once opened.

### Pork & apple casserole

400g local pork shoulder, diced



2 tbsp plain flour  
3 tbsp olive oil  
1 medium onion, peeled and finely chopped  
2 carrots, peeled & diced  
1 stick celery, diced  
1 tsp freshly ground black pepper  
300mls hot vegetable stock/pork stock  
1 Bramley apple, peeled, cored and sliced  
Instructions:  
Preheat the oven to 180C/fan 160/gas mark 4. Toss the pork in the flour. Heat the oil in a frying pan over a medium heat and fry the meat until lightly browned, in batches if your pan is crowded. Transfer to a casserole dish (with a fitted lid). Fry the onion, carrots and celery in the pan for 5 minutes until soft. Add to the casserole

dish along with the rest of the ingredients. Oven bake for 1 hour with the lid on until the pork is tender and the sauce has thickened.



### Greek yoghurt panna cotta with late summer berries

2 tbsp water & 1 teaspoon gelatine powder  
1 cup whole milk plain Greek yoghurt  
1 cup heavy cream (double) divided  
¼ cup caster sugar  
½ tsp vanilla bean paste or vanilla extract  
Place the water in a ramekin and sprinkle in the gelatine, set aside to soften  
Whisk the yoghurt and half the cream, to combine. Heat sugar and remaining cream in a small pan over a low heat to dissolve, simmer 2 or 3 mins. Remove from heat, stir in the vanilla, gelatine & whisk to dissolve, then pour into the Greek yoghurt mix and whisk until smooth.  
Pour into 4 glasses, cover with clingfilm and refrigerate 4 hrs.  
Before serving top with macerated summer berries or poached plums

**Louise**



**Adrian ploughing in Stradishall**

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Eighth page	£165	£90	£50
Quarter page	£255	£140	£80
Half page	£420	£230	£125

From Gillian Gates <gillgates1@yahoo.com>

HOW LOVELY!!

Hi Peter, we met at Stradishall churchyard last summer and you helped my sister and me find our great great grandmother's grave for which we will be forever grateful to you. We were unable to locate my great great grandfather at the time but returned a

few days ago and noticed that the area had been cleared which you said you would do for us and we have found his headstone laying on the ground just beneath the surface It is broken at the top and bottom but we were wondering

if it would be ok to come back tomorrow to clean it up and put it back in the ground where it originally stood. (DONE!) We did go into the church and it looks amazing so much work has gone into restoring it and it is much improved from last year when we visited Thank you, Gillian

## Did you know that topping up your loft insulation helps to keep your home cool?



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To find out more visit [www.greensuffolk.org/at-home/funding](http://www.greensuffolk.org/at-home/funding).

### Stradishall Cricket team 1950.



Here is a list of those in the Stradishall Cricket Team.

My Dad Terrance Hurst supplied the names:

**Back Row:** Reg Brinkley Jack Cook Raymond Whitehead Denny Kiddy

Albert Hurst Frank Watson Fred Cutts George Mallion

**Front Row**

Michael Prigg George King Arthur King Roy Cutts

**Sitting at front:** Terrance Hurst

Many thanks Martin Hurst

### Jeff's wines



Continuing our trawl through the categories of red wine we next come to the big, beefy wines emanating from the Rhone

Valley, Australia, California, Italy and Spain. The grapes which produce these wines are Cab Sauvignon, Syrah (Shiraz in OZ) Mourvèdre, Grenache, Nebbiolo, Zinfandel ( Primitivo in Italy), Sangiovese and Malbec. The latter is the main grape in Cahors, and I recently bought, at auction, a case of Chateau Gaudou 2003 which is not quite ready for drinking. A little-known grape Tannat is used to make Madiran (SW France). A wine which, when 20 years old at least, is the ideal partner to duck dishes found in that area. That gives the clue to these wines, they are very long

lived. The other qualities these wines have are that they are invariably dense with deep dark colours of red to purple and sometimes almost black. Leave sufficient time from opening to allow the distinct aromas to develop on the nose. You can advance this aerating the wine by decanting an hour or two beforehand if it is recent vintage. This can be speeded up by pouring between to decanters. Expect notes to be a mix of blackberries, plums, pepper and usually quite tannic. These wines are very full bodied and high in alcohol so should be drunk with food. Hearty dishes such roasts, steaks, duck and game are typical accompaniment They also have a long finish. Here are a selection of wines with these grapes, the first five are all at Waitrose. Zweigelt. Lentsch. Zweigelt. Cherry and plum notes. 13% £10. Shiraz. Grant Burges ink Shiraz. Barossa Valley. Suitably named being almost black in

colour. Berries and mocha notes 14% £12 Nebbiolo. Terre de Barolo, Piedmont, Barolo. DOCG. A famous Italian wine. Terre de Barolo. Garnet red berries and violets. Aged in Oak. Must decant and drink with grilled meats and Cheese. 14% £19 (from £24) Malbec. Dona Paula El Alto, single vineyard Malbec. Grown at 1000metres. Deep purple with blackberry plum and spice hints. 14% £12(from£17)Zinfandel. Old Vine Zinfandel Lodi California. Black fruit, mocha and pepper notes. 14.5% £13.(from£18) The next is from Majestic. Priorat. Grown SW of Barcelona with Grenache grape, or Garnacha in Spain from 60-year-old grapes, so slightly more intense. Dark cherry and cedar notes. This is highest level of alcohol at 15%. £18. 'best, **Jeff Fellows**

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## CLASP SUMMER NEWSLETTER 2025 Mike and Sue - their retirement.

The CLASP AGM was held on Thursday, 22<sup>nd</sup> May and marked the official retirement of **Mike Arnold and Sue Packer** from their leading roles in CLASP as Chairman and Minibus Co-ordinator and Day Centre Manager. We were able to acknowledge their exemplary commitment to ensuring the services of CLASP have developed and continued to be

offered to local residents as well as inspiring and guiding volunteers and quietly filling in so many roles in the background to promote the charity. It was also wonderful to wish them well as they travelled to Canada in June to be married surrounded by family. Thank you to everyone who donated to their 'leaving/wedding gift', Mike and Sue were presented with two roses in planters along with a cheque to be spent as they wished.

**The following message is from Mike and Sue.**

*To all our colleagues and good friends in CLASP, Thank you so much for your kind words and sentiments and our fabulous gifts. We are both humbled by the generosity of everyone. You will know that although we will not be involved in the mainstream of work, we remain volunteers. Thank you once again, best wishes to you all as you take CLASP into the future.*

**CLASP COMMITTEE MEMBERS** Below are the names and roles of CLASP committee members going forward – it is a positive sign that new volunteers have come forward to fulfil the necessary roles. We extend a very warm welcome to our new Chairman, Nick Clarke, and also to Colin Williamson who has taken on the role of Minibus Co-ordinator. Nick brings lots of experience of successfully running organisations with him. Nick's Mum, Wendy, is a regular lunch club attendee



**CarAid – John Webb** has continued to devote many hours to ensure that all requests for lifts to medical appointments are met. John has led this service with great dedication since April 2018, and in that time CarAid has supported 265 clients making 1,992 trips. An amazing service for our community and surrounding villages. Many thanks also to the CarAid drivers who have completed 155 trips in the first half of this year. New drivers are always being sought – please talk to friends and relatives about this service and encourage them to join our pool of drivers. **John is now standing down from this role and Karla Greenwood a new CarAid co-ordinator. Please see the up-to-date article on Page 6.**

**Minibus** – We welcome Colin Williamson to CLASP as he takes on the role of minibus co-ordinator. The minibus continues to be used every Tuesday for a shopping trip to Haverhill with a coffee stop on the return journey at Tarka's Cafe at Baythorne End.

Minibus transport to and from the Wednesday Lunch Club allows elderly residents from Cavendish, Hundon, Glemsford and Clare to attend – for some this is their only day out each week. The minibus was also used to support Clare Open Gardens event and the recent Priory Craft fair. It has also been hired by Hundon Gardening Club, The Briars residential home and Clare Walkers.

Every trip on the minibus requires a driver and assistant and we are very grateful to the volunteers who fulfil these roles.

The **Clare Young Persons Initiative**, which is currently being developed in the town, is also hoping to hire the minibus to provide transport to teenagers to access facilities in local towns.

**Wednesday Lunch Club** – We are grateful to Sue Packer for the smooth handover to Stella and Jackie who are now organising the weekly Lunch Club. There is an average of 24 guests each week with 15 volunteers working in different roles to provide hot drinks, a three-course dinner, afternoon tea as well as company and conversation – and the vital washing-up! We have been pleased to welcome some new volunteers recently but there are still opportunities for anyone who can offer an hour or two on a fortnightly basis.

**Fund Raising** – Liz Knight continues to arrange the monthly Table Sales in the Town Hall supported by teams who run the cafe (and provide a wonderful array of home-made cakes) and the tombola table. Liz has been leading on fund-raising for over 30 years and having the sales on Market Day has improved footfall and profits. These sales are vital in providing a steady income for CLASP; £2300 in 2024, allowing us to continue to offer the services outlined above. A CLASP collecting box has been placed in *The Pear* shop in Clare. If you are able to place a collecting box anywhere, please contact the secretary. *We are always looking for different ways to fundraise for CLASP. If you have any ideas or attend a successful or interesting event, please let us know via the contact details shown.*

Nick Clarke	Chairman	07876 561 781
Stella Byrne	Vice-Chair, Day Centre Manager, Publicity	07561 115 158
Sue Rouse	Secretary	<a href="mailto:secretary@clasp-clare.co.uk">secretary@clasp-clare.co.uk</a>
John Webb	Car-Aid Co-ordinator	07724 698 283
Colin Barra-ble	Treasurer	Contact via the secretary
Liz Knight	Fund-Raising	<a href="mailto:fundraising@clasp-clare.co.uk">fundraising@clasp-clare.co.uk</a>  07980 948 167
Colin Wil-liamson	Minibus Co-ordinator	07842 141 281
Jackie Scaplehorn	Welfare	Contact via the secretary
Paul Reeves	IT and Web-site	Contact via the secretary
Rob Eyre	Town Council Representative	Contact via the secretary

**The Future Priorities for CLASP** Fundraising for a replacement minibus – budgeted at £5,500 a year  
Work with **Clare Young Persons' Initiative** to offer opportunities to teenagers. Search for sponsorship opportunities from local businesses and individuals  
Enrol as a replacement CarAid Co-ordinator  
Enrol further volunteers for all services offered by **CLASP** – this works best by personal introductions – please pass this newsletter on to friends and speak positively about your own volunteering role.

## Wickhambrook Council minutes

Hello, I hope you are all keeping safe and well. The summer has been busy, with both Estates and a Parish Council meeting in July, and also an Extraordinary meeting for planning. Parish Council Meetings are open to the public so why not come along? We hope that you will find it interesting and we would like to increase our community engagement. This helps to ensure that the decisions that are reached have the support of local residents. You never know, you may wish to get more involved – there are lots of ways to contribute, from attending meetings and asking questions, to joining in with volunteer events, becoming a lay member on our Estates Committee, or becoming a Councillor! We currently have two vacancies for a parish councillors which we would really like to fill! If you would like to find out more, please do call me or one of our councillors, or come along to one of our meetings. If you would like to be considered as a councillor, please take a look at the [website](#), and complete and return a co-option application and eligibility form to me. We look forward to hearing from you!

Key decisions and actions from the July parish council meeting include:

Delegation of agreement that the [Submission Plan](#) proceed to referendum (subject to changes required by the Independent Examiner in their published report)

Agreement of the proposed timescale for preparation of Road Safety Report  
Purchase of new signage for the Children's Play areas (dogs are not permitted in these areas)

Consideration of four planning applications:

[DC/25/0823/FUL](#); [DC/25/0911/FUL](#);  
[DC/25/0965/FUL](#) and [DC/25/1122/FUL](#).

A review of [the specification for the grounds contract](#) for 2026 - 27 – we're keeping the wildlife areas which were introduced this year.

[Reviewing charges for clubs](#) using Six

Acres (no change on ground rent - £35)  
You can find draft minutes of our recent meetings here:

[Extraordinary Meeting – July 3<sup>rd</sup>](#)

[Estates Committee – July 3<sup>rd</sup>](#)

[Parish Council meeting – July 31<sup>st</sup>](#)

Work on our Neighbourhood Plan is almost complete! We have received the Independent Examiner's report, who said in his initial comments that:

*The Plan provides a clear and concise vision for the neighbourhood area. It is underpinned by a series of background documents which directly inform some of the policies. This is best practice.*

*The presentation of the Plan is excellent. The difference between the policies and the supporting text is very clear. In addition, the Plan makes good use of various high-quality maps and photographs.*

He has concluded that, subject to a series of recommended modifications, set out in his report, the Plan meets all the necessary legal requirements and should proceed to referendum.

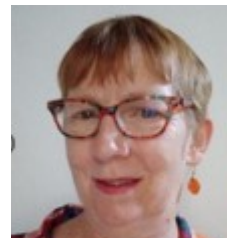
In consultation with Councillor Tracey Turner and our Planning Consultant, Places4People, I have now exercised the delegated authority authorised at the July meeting and agreed that the Submission Plan proceed to referendum subject to the incorporation of changes required by the Independent Examiner in their published report.

The timescale therefore is now largely out of the parish council's hands as it is reliant on West Suffolk Council, but will follow these remaining steps:

- Preparation of Referendum Plan incorporating any changes required by the Examiner
- West Suffolk Council call and organise the Referendum (held in same way as an election). The date will be arranged in order that West Suffolk Council can make a decision to "make" (adopt) the Plan at a Full Council meeting within eight weeks of the Referendum. This is anticipated to be mid November.
- If majority "yes" vote at Referendum, West Suffolk Council make The Plan (at their December meeting). If you would like to find out more about the

Referendum Plan, please do call into our planned drop in Session on Saturday 30<sup>th</sup> August (11am to 2pm) at Wickhambrook WI Hall.

As part of our ongoing work to try to get the speed limit on the A143 at Wickham Street reduced to 30mph, we have just had the results of two Tube Surveys, which were funded by our County Councillor **Bobby Bennett**.



The parish council will be agreeing a formal response to Suffolk County Council in the autumn and asking for a full report into the case for a reduction in the speed limit at Wickham Street, for the safety of both residents and road users. Please complete this survey giving your views so that we



can evidence we have the support of the community!

If there is anything you would like the parish council to consider at a future meeting, [please do get in touch with me](#). Do feel free to forward this message on to neighbours, friends and family in the parish and ask them to get in touch with me at [parishclerk@wickhambrook.org.uk](mailto:parishclerk@wickhambrook.org.uk) if they would like to be included in our e-newsletter mailing list! Wishing you all the best, keep safe and well **Hilary Workman**  
Clerk for Wickhambrook Parish Council

## Denston Village Hall 100 Club Quiz night STEFAN, TREASURER 01440 820675

The final 100 club (for 2024/25 ) has been drawn this month and the winners are

1	Gwen Gregory	£20
2	Mr & Mrs Turner	£10
3	Camilla Hamilton	£ 5

Thanks Stefan

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## VJ day 80<sup>th</sup> Anniversary

Alan and Kathryn Cordy who have a family connection to the ending of the war in the Far East put on an event to mark the 80<sup>th</sup> Anniversary of VJ Day in the Memorial Social Centre in Wickhambrook on 17<sup>th</sup> August 2025.

It was fitting that the event should be held in the Memorial Social Centre as the people of Wickhambrook raised money to build their Hall in memory of those who went to war on their behalf by holding sales, concerts, plays and a carnival each year from 1945-1951, raising £3,000.

The Hall was beautifully decorated with flags, flowers and bunting by Kathy, Alan and their team. There was a display of memorabilia from people in the village and the **Stradishall Aviation Society**.

**Sarah Mia** sang songs of the period and **Nicky Reynolds** gave a talk on the Women's Land Army.

Refreshments were served by the WI and everyone enjoyed the afternoon.

It was especially good to see so many people from the village chatting, sharing memories and looking at old photographs.

The event was funded by the Parish Council and the Fete Committee and help was given by the

**WI, History Society** and many members of the public.

Proceeds from the raffle and donations for refreshments will be donated to the

**Alzheimer's Society**.

Without the vision of Alan and Kathy this event would not have happened.

Their meticulous planning and organisational skills made it an afternoon to remember.

**Dorothy Anderson**

## Clare Community Food Bank

Free food at the  
Community Pantry in  
Clare Parish Church  
**07456 863 555**

[www.boomerangspetfoodbank.co.uk/](http://www.boomerangspetfoodbank.co.uk/)



## The Bansfield Benefice



The Bansfield Benefice is the collective name for the Parishes of Cowlinge, Denston, Lidgate, Ousden, Stansfield, Stradishall and Wickhambrook in the Diocese of St Edmundsbury and Ipswich, Suffolk, United Kingdom.

## Services for September 2025 **DRAFT**

<https://www.bansfieldbenefice.org.uk/services/>

Date	Time	Church	Details
07 Sep	10:00 am	Lidgate (Twelfth Sunday after Trinity   HC)	Celebrant: <b>Revd Eve Bell</b> Organist: [ ] Liturgical colour: ● Proper 18
14 Sep	10:00 am	Denston (Thirteenth Sunday after Trinity   HC)	Celebrant: <b>Revd Eve Bell</b> Organist: [ ] Liturgical colour: ● Proper 19
21 Sep	10:00 am	Stradishall 🏰 (Fourteenth Sunday after Trinity   HC)	Celebrant: <b>Revd Barbara Sherlock</b> Organist: [KJ] Liturgical colour: ● Proper 20
28 Sep	10:00 am	Wickhambrook (Fifteenth Sunday after Trinity   HC)	Celebrant: <b>Revd Eve Bell</b> Organist: [DO] Liturgical colour: ● Proper 21

Year C

\*The season of Creation runs from 1st September until 4th October  
<https://seasonofcreation.org/>



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Wickhambrook, Suffolk



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Qualified: 25 years

Mary's  
page

Mary  
Cleaver

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Telephone: 01223 792331 Email: [cambs@oslers.co.uk](mailto:cambs@oslers.co.uk)

### Are Prenups Worth the Paper They're Written On? Calls Grow for Reform in England and Wales

Prenuptial agreements—or “prenups”—are contracts couples sign before marriage to set out how their assets should be divided if the relationship breaks down. Widely used and respected in countries such as the United States and Germany, they remain a grey area in England and Wales, where the courts are not obliged to uphold them. A recent **Financial Times** feature highlighted this uncertainty with the story of “Peter,” who signed a prenup six weeks before his wedding, having taken legal advice. When his marriage later collapsed, the court disregarded the agreement, ruling that the circumstances under which it was signed created undue pressure. The result was a costly legal battle and a sense of betrayal. High-profile cases have underlined the problem. In one, Simon Entwistle and Jenny Helliwell signed a prenup on the day of their wedding, agreeing neither would make financial claims against the other. Years later, Entwistle sought £2.4 million from Helliwell, and the Court of Appeal ultimately refused to uphold the agreement. Despite such outcomes, lawyers report that prenups are increasingly popular—especially among couples entering second marriages or those bringing property, pensions or business interests into the relationship. Yet while they are often drafted in good faith, their effectiveness rests on whether a judge later deems them fair.

This uncertainty has led to growing calls for change. The Law Commission has proposed the introduction of “**qualifying nuptial agreements**”—contracts that would be legally binding, provided they

meet strict conditions. These would include full financial disclosure and independent legal advice for both partners, alongside guarantees that neither party could contract out of their duty to support children or leave the other destitute. Supporters of reform argue that such a framework would give couples clarity, reduce expensive litigation, and reflect the reality that many modern families rely on careful financial planning. Critics, however, warn that safeguards must

remain strong, to prevent unfair advantage or pressure during emotionally charged times.

For now, prenups remain useful guides to a couple’s intentions but offer no certainty in court. Until the law changes, their value is as much about starting an honest conversation as about providing cast-iron protection.

Mary

### Services at Hawkedon St Mary in September



Dates Sunday, 14 September. 9am BCP Holy Communion  
Sunday, 28 September. 11am Harvest Festival Many thanks and best wishes,  
Heather, **Heather Phillips**. 01284 789 50 or 07774 275656  
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## Who is who in our local church benefices?

BENEFACTICE	CHURCH (Parish)	RECTOR	CONTACT	ELDERS AND OFFICIALS
 <b>BANSFIELD</b>	<b>COWLINGE</b>	<b>The Revd Eve Bell</b>	<b>07815441304</b>	<b>Dr Paul Bevan</b>
	<b>DENSTON</b>			
	<b>LIDGATE</b>			
	<b>OUSDEN</b>			
	<b>STANSFIELD</b>			
	<b>STRADISHALL</b>			
	<b>(Assington Green)</b>			
<b>WICKHAMBROOK</b>				
<b>STOUR VALLEY</b>	<b>CLARE</b>	<b>The Revd Mark Woodrow</b>	<b>01787277515</b>	<b>The Revd Dr Karen Smith</b>
	<b>POSLINGFORD</b>			
<b>SUFFOLK HEIGHTS</b>	<b>HAWKEDON</b>	<b>The Revd Clive Fairclough</b>	<b>01284 615828</b>	<b>Mrs Heather Phillips Mr David Taylor</b>
<b>SUFFOLK HEIGHTS</b>	<b>(Thurston End)</b>	<b>As Hawkedon</b>	<b>As Hawkedon</b>	<b>As Hawkedon</b>

## Puzzle 5

- An old British coin featuring a wren
- Dr Johnson's Cat and Actress Patricia who played *Miranda's* mother
- *Bob* with square pants
- Johnnie of Black and Blue label fame



What name runs through the local stick of rock?

A *Delphic's Quest* prize pen will be awarded to a randomly drawn correct entry each month. To enter, please submit your answer to [delphicsquest@gmail.com](mailto:delphicsquest@gmail.com) (feedback also welcome.) The closing date for submissions is 16<sup>th</sup> September.

### **Answer to Puzzle 4: The old goat**

[The clues were anagrams of the ten local villages with one letter in each substituted with a 'Q'. Identifying the letters that had been replaced by the Q gave the answer 'the old goat'.]

Congratulations to **George Anderson** of **Wickhambrook** who is the winner of last month's puzzle.

## St Mary's Church Lidgate



**Yours to win!**

## West Suffolk District Councillors

**West Suffolk District Councillor for Denston, Stansfield, Hawkedon, Brockley, Wickhambrook, Stradishall, Clare, Hundon, Cavendish, Stoke by Clare, Kedington and others** **Bobby Bennett**  
[bobby.bennet@suffolk.co.uk](mailto:bobby.bennet@suffolk.co.uk)

**West Suffolk District Councillor for Whepstead Wickhambrook Denston, Stansfield, Brockley, and Hawkedon**

**Sarah Pugh** [sarah.pugh@westsuffolk.gov.uk](mailto:sarah.pugh@westsuffolk.gov.uk)

**West Suffolk District Council for Clare, Kedington & Hundon ward**

**Cllr Nick Clarke -**

[nick.clarke@westsuffolk.gov.uk](mailto:nick.clarke@westsuffolk.gov.uk)

**Cllr Marion Rushbrook**

[marion.rushbrook@westsuffolk.gov.uk](mailto:marion.rushbrook@westsuffolk.gov.uk)

**Cllr Karen Richardson**

[karen.richardson@westsuffolk.gov.uk](mailto:karen.richardson@westsuffolk.gov.uk)

## Memories are Golden

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Memories are Golden specialises in offering day care services to individuals living with dementia and suffering from heart conditions, diabetes, and other long-term physical challenges.

We also support people in their journey towards combating loneliness and isolation from families, friends, and their community.

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We offer a taster day FOC - If you would like to book a visit please call Kelly on 07538920731  
Email: [enquiries@memoriesaregolden.co.uk](mailto:enquiries@memoriesaregolden.co.uk)  
Website: [www.memoriesaregolden.co.uk](http://www.memoriesaregolden.co.uk)

**Jazz and Swing in Stradishall church**  
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**Cowlinge Church**

**Last Call for Pride and Prejudice**

Ladies and gentlemen, please take your seats for this scintillating, professional performance-in-miniature of Pride and Prejudice. Where: Cowlinge church of St Margaret of Antioch When: at 7.30pm on Friday, 5<sup>th</sup> September With: a glass of something being served from 7.00pm Availability? A handful of tickets available From? [thisismytheatre.com](http://thisismytheatre.com) Come and swoon at the iconic hero and admire his feisty lady

Jane Austen's  
**Pride & Prejudice**

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**ST MARGARET OF ANTIOCH CHURCH**  
**5TH SEPTEMBER, 7.30PM**

Tickets: [thisismytheatre.com](http://thisismytheatre.com)



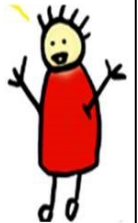
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1, Lancaster Way, Stradishall. CB8 9YD.

## Stansfield fun day, despite the Drizzle.

**Drizzle and grey clouds failed to dampen the Fun on a Sunday in late July at the Village Hall in Stansfield!** Over fifty people, mainly residents and family, attended the village Fun Day, the second to be held. There was much to be enjoyed: a BBQ, a café for teas, cakes and squash donated by the village Good Neighbour scheme, a bar serving Pimms and other drinks organised by the Village Hall Committee along with a raffle with lots of prizes, and games and competitions galore, organised by Stansfield Parish Councillors. Welly Wanging proved very popular with siblings and parents vying with each other for the best throw. Obstacle Races were a new addition this year, whilst the hotly-contested egg and spoon races from last year attracted just as many young entrants, but the more persistent drizzle did put off a few of the adults this year!! Table Competitions had a similar number of entries this year and the best in show prize this year went to Olivia Ager, aged six. Olivia did confess to having had help with typing and spelling from Mum Emma in writing her beautifully illustrated story about Frazzle the Fox cub which appears here...



### Frazzle's very wet adventure!

It had been a very wet and stormy few days in Stansfield and deep in nearby woodland poor Frazzle the fox had been busy all morning repairing her den that the recent storms had ruined. She had been busy collecting twigs, leaves and mud to patch it up.

All of her sudden she heard and felt a loud grumble and realised it was her tummy. She had been so busy she hadn't eaten for hours.

"What to have for supper" she thought as she looked around. There was nothing much around. The forest was sodden through.

She remembered along her travels there was a tranquil little stream in the village where she could catch some fish for tea.

"Yummmmm" she thought as she trotted off towards the stream.

But when she got to the stream, it wasn't so little. The water was gushing through, hitting onto the banks and crashing against the stones.

Frazzle had never seen the stream so high before. Despite Frazzle's love for fish, she doesn't like getting too wet! But she was hungry and hadn't eaten for hours. There was no other food around. She could see the fish leaping up out of the water and feeling brave, decided to go for it. She sheepishly put her paw into the water to try to catch one of the fish. Just as she nearly did, a gush of wind swept her into the stream. Frazzle panicked, she desperately tried to keep her head above the water.

"Help" she barked as the water tried to pull her down the stream, the water was too strong for her.

Just when she thought all hope was gone, a young family strolled by on their afternoon walk.

"Mum, there a fox drowning in the stream" screamed the little girl. The family desperately tried to look around for something to save her.

"Quick grab that stick" cried Dad.

The three of them held onto the stick tightly and gently lowered it into the water.

Frazzle, despite being tired and about to give up, noticed the stick and grabbed it between her jaws.

The family pulled her safely onto the bank of the stream.

Exhausted and soaked through, Frazzle looked up at the family with such appreciation.

A few moments passed and Frazzle managed to get the strength to stand up. After all of that she still didn't manage to get her fish and boy was she hungry now!

Her eyes gazed upon a basket brimming with sandwiches, sausages and all sorts of yummy food. The smell wafted through the air and her tummy let out an almighty groan.

The little girl noticed she was looking at the basket with admiration.

"You must be so hungry after that adventure" she said.

Frazzle looked at her with pleading eyes.

The little girl pulled out some sausages and gave one to Frazzle. It melted in her mouth. Frazzle had never tasted something so good.

Not only this, but they fed her some delicious ham sandwiches and scrumptious pork pies until she was so stuffed she couldn't eat another bite.

Frazzle was extremely grateful and stayed with the family for a bit before trotting off back to the woodland.

Frazzle had had an adventure she didn't want to repeat, but something good did come out of that day. She had been shown what kindness was. She never expected a human to help a silly old fox. And from that day forward; to her surprise, every so often when she ventured out to get food a little parcel of sausages would be left nearby for her to enjoy.

By Olivia Ager (aged 6) and her mum, Emma Ager.



**More Stansfield**

**Still Standing...despite the Heat!**

Good Neighbours volunteers braved a weekend of heat to give the Old Chapel Graveyard in Stansfield an early Autumn tidy up. The graveyard is a haven for wildlife and a place for quiet reflection with a bench strategically placed to take in the view



Picture shows **Martin Slater** next to his great grandmother's memorial stone working hard with other **Good Neighbour** volunteers **Justin, Martin and Jan** to tidy the Old Chapel Graveyard in Stansfield.



**Ave Chambers**  
Obstacle race



**Guess who is on his new E-bike?**

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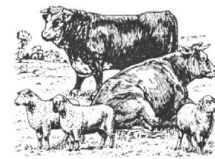


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with Carol Reay-Glover



# Problem Page

CAROL is a trained counsellor living locally who can offer advice on personal problems, such as relationships, divorce, child issues, employment, depression - or general worries. Email her in complete confidence at [carolreay1@icloud.com](mailto:carolreay1@icloud.com)

Dear Carol

I have moved in with my in-laws. It's a complicated situation but they are converting an outbuilding in the garden into their next home, and we will live in the main house. The house is part of the family business which my husband now runs so it's all very fair. And we have two kids so need the bigger house. The thing is now we've moved in everything has sort of stopped. There's no progress on converting the outbuilding and everyone seems to have settled into everything remaining as is. This is driving me mad as I want my own home and don't want to be sharing a kitchen and forever treading slightly on eggshells. I like my in laws and am grateful for everything but this situation is draining. Everyone else seems happy though. Help!

R

Dear R,

This sounds like a tricky situation requiring diplomacy and I'm afraid patience. I hear your frustration and can understand your desire to be in your own family home. I think the key to solving this is to see that that is a perfectly reasonable desire which does not involve any animosity to anyone else. Trust yourself. I would start by talking to your husband and explaining honestly how you feel and that you need a tangible plan to move things on. Be clear and open and also hear his point of view. You need to stand together on whatever you agree. You can both then sit down with your in-laws and, without any rancour, explain you need to move things on. Again it will be important to hear their point of view. If it's simply that they are happy with the status quo, you can calmly and firmly explain that you are not.

You can even offer to drive the project to convert the outbuilding.

If you respect your own point of view as reasonable, and explain its importance to your husband, you can then together gently move things on.

Good luck R. I feel sure it's achievable.

Carol



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